

# The House of Muay Thai - Norfolk

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>6:00-7:00 AM</b>	Fitness Kickboxing		Fitness Kickboxing		Fitness Kickboxing		
<b>11:00AM-12:30PM</b>	* Muay Thai Fundamentals	* Muay Thai Fundamentals	* Muay Thai Fundamentals	* Muay Thai Fundamentals	* Muay Thai Fundamentals		
<b>12:00-1:00PM</b>						Fitness Kickboxing	
<b>5:00-6:00PM</b>	Children's Martial Arts (Muay Thai)	Children's Martial Arts (BJJ)	Children's Martial Arts (Muay Thai)	Children's Martial Arts (BJJ)	Children's Martial Arts (Muay Thai)		
<b>6:00-7:00PM</b>	Fitness Kickboxing	Fitness Kickboxing	Fitness Kickboxing	Fitness Kickboxing	Fitness Kickboxing		
<b>7:00-8:00PM</b>	* Muay Thai Fundamentals	* Muay Thai Fundamentals	* Muay Thai Fundamentals	* Muay Thai Fundamentals	* Muay Thai Fundamentals		
<b>8:00-9:00PM</b>	Adult BJJ (Gi)	Adult Fundamental BJJ (Gi)	Adult BJJ (Gi)	Adult Fundamental BJJ (Gi)	Adult BJJ (No-Gi)		

INTRODUCTORY CLASSES		
<b>5:30-6:00PM</b>	Monday-Friday	Muay Thai
<b>11:30AM-12:00PM</b>	Saturday	Muay Thai
<b>8:00-9:00PM</b>	Monday-Thursday	Brazilian Jui Jitsu

CROSS TRAINING IN OTHER LOCATION			
<b>7:45-8:30PM</b>	Tuesday & Thursday	**MT Comp Team Training	HOMT VB
<b>9:00-10:30AM</b>	Saturday	**MT Comp Team Training	HOMT VB
<b>12:00-1:00PM</b>	Saturday	***BJJ Advanced Rolling	Element VB

\* Minimum of 5-10 Fitness Kickboxing classes required for beginners.

\*\* Available to Norfolk AND Virginia Beach members **AND** minimum of 5 Muay Thai Fundamental classes required.

\*\*\* Additional cross-training available at Element Academy in Virginia Beach. Minimum of 1 stripe or 3 months of BJJ training required

**ALL CLASSES REQUIRE RESERVATIONS THROUGH THE ZEN PLANNER MEMBER APP**